



Royal Melbourne Sail Training Academy

Learn to Sail Dinghy - Better Sailing

The **Better Sailing** dinghy course is an intermediate skills learn - to - sail course, which is both fun and instructional. This five session course (3 hour sessions) is suitable for **previous learn to sail students** of all ages with training conducted in off -the-beach racing dinghies such as Pacers. In particular this course allows for understanding of spinnaker usage and the refinement of sailing skills learned in the **Start Sailing 2** course. As students alternate the role skipper & crew, the course provides a solid grounding to further adult/youth racing in dinghies. The **Better Sailing** course is part of the nationally recognised **Yachting Australia Dinghy Program** and is delivered by accredited sailing instructors.

Better Sailing course syllabus

Rigging: Complete rigging without assistance . Rigging a spinnaker

Sailing Techniques and Manoeuvres: Roll tacking and spinnaker handling on a triangle course in light to moderate conditions . Controlling boat speed by sailing backwards, stopping and starting

Launching and Recovery: Care of equipment including the spinnaker. Bring boat alongside a fixed / moored / anchored structure with minimum assistance

Sailing Theory and Background. Observation of local buoyage requirements. Common buoyage methods and meanings .Identify sailing risks due to environmental hazards . Methods of injury prevention

Meteorology: Identify sources of weather information: Read weather reports and maps

Winds, Tides and Currents: Lifts and knocks. Sea breeze and land breeze formation patterns. The "Twelfths Rule" and its relationship to tidal flow

Course dates & times : 3 hour sessions morning or afternoon as per booking form
Students need to bring: wet weather gear, wet suit (recommended - *can be hired*), footwear (old sandshoes, or wet suit booties – *no thongs*) sun hat with lanyard, towel, change of clothes, sunscreen, snacks, water bottle etc. The Squadron has full change room facilities with hot showers. All safety equipment is provided.

Course fee: \$330. Optional wetsuit hire is \$40 per course

Course includes: Yachting Australia certificate

Course location: Royal Melbourne Yacht Squadron, Pier Road, St.Kilda
Melways Map57 J9

Royal Melbourne Sail Training Academy

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